



“FACS: Family and Consumer Sciences”

FCSTN:

Family and Consumer Sciences Teachers of Nebraska

Presidents of FCSTN: 2014-15 FCSTN President, Anne Schmall and 2013-14 President, Cheryl Timm launched the new FCCLA Mission and Logo at the 2014 NCE Conference

Nebraska FACS Mission:

Nebraska Family & Consumer Sciences integrates family and career readiness with technical skill instruction. As a result, our students are empowered to navigate the challenges of living and working in diverse communities, while striving for a high quality of life.

Welcome to the future of Nebraska Family & Consumer Sciences! Our goals in developing a new logo were to modernize the image, retain familiarity, and establish an identity. The new brand took careful thought. In our eyes, the logo’s modern type and clean color palette give the brand a fresh face that will maintain its appeal among current and future generations of family and consumer scientists.

Of major note is the main logo mark. Anchoring the logo is a simplified version of a flame. This is a nod to the Betty Lamp, a traditional symbol of learning and of home economists. It represents the light in the home and the light of the mind.

The color palette supports the logo by positioning Nebraska Family & Consumer Sciences as friendly and fresh. We chose colors that would feel crisp and clean and fit naturally into the rich tradition of family and consumer sciences in Nebraska.

We’ve colorized the mark in red and black. The red swish and dot symbolize family, personal and life readiness. The black swish symbolizes community, academic and occupational readiness. The upper movement of the black swish reminds those who see it that Nebraska Family & Consumer Sciences is always moving forward. The intersection of these two colors resemble the true integration of work and family life balance.

The typography is simple and straight-forward as well, to support the friendly nature of the identity.

So, move forward with us as we take Nebraska Family & Consumer Sciences into the new millennium with a crisp new identity!

- Nebraska Family & Consumer Sciences Visioning Board
- Nebraska Family and Consumer Sciences is a field of study within the Human Sciences and Education Career Field

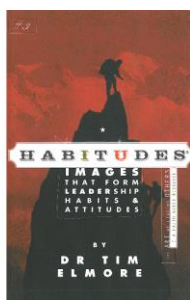
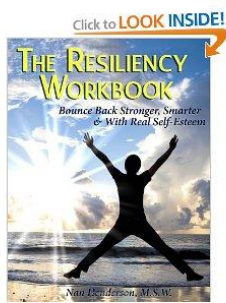
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**FCSTN Conference 2014:
Reasons I feel like going to our State Conference for Career and Technical Education was
so beneficial this year!
By: Sheree Moser**

1. I got these new books:

- *The Resiliency Workbook* by Nan Henderson, M.S.W.
- *Habitudes: Images that form leadership habits & attitudes* by Dr. Tim Elmore
- *The Nebraska Food Project Lesson Plans* from 2013



2. I watched these FACS Teachers from Nebraska receive awards:

- Jan Smaus, ACTE Outstanding FACS Education Teacher
- Jolene Schlemmer, NCE Student Organization Advisor of the Year Award Finalist
- Michelle Galles, FCSTN 1-5 year Teacher of the Year
- Allison Kreifels, FCSTN 6-15 year Teacher of the Year
- Marilyn Whitaker, FCSTN 16+ Teacher of the Year
- Suzanne Myers, FCSTN Special Service Award



- Cheryl Timm, FCSTN President's Award
- 35 Developer Awards



3. I saw two dynamic, entertaining and inspiring national keynote speakers:

- Kim Bearden from the Ron Clark Academy (www.ronclarkacademy.com)
- Kevin Wanzer present about his "40 Developmental Assets" (www.kevinwanzer.com)



4. The Family and Consumer Sciences ReVisioning group rolled out the new logo and some materials with our new Mission, Tagline and a description of the ongoing work of updating our image and profession within Nebraska.



5. I got to know four new people because of attending:

- Kelsey Kummer from Millard South
- Michelle Galles from Wakefield
- Carol Eilers from West Boyd
- Millie Beran from Fremont

6. I won 2 door prizes at the FCSTN Bucket Auction, bought gifts for the students here at UNL and our support staff from the FCSTN store, and received a poster and note pad with the new logo on it to share with students and coworkers. The proceeds of the Altruistic Auction this year went to the American Cancer Society.



Other highlights from the 2014 NCE Conference:



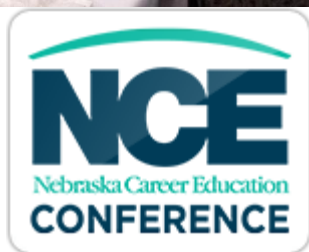
King Arthur Flour Presentation!

HyVee Tour!





Knife Skills Presentation!



June 2-4, 2015 in Kearney, NE

Please consider planning ahead and considering a trip to Kearney next June. We had more people attend this year than in the past six years, so the more the merrier!

Tips to using the List Serve:



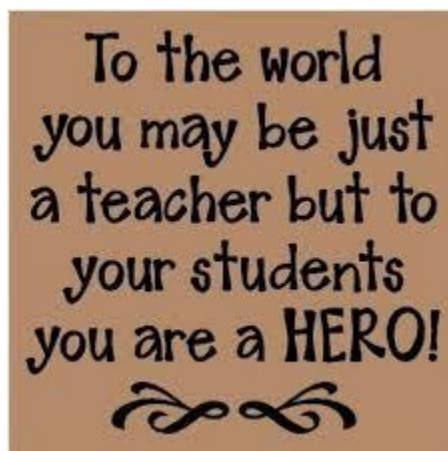
The FACS and FCCLA list serves are valuable resources for all of us. Please use the following tips when using the list serve to make it user friendly for everyone:

If you have not taken advantage of this resource, here are the list serve addresses to sign up!

FACS list serve: fcs@lists.k12.ne.us

FCCLA list serve: NDE-FCCLA@listserv.nebraska.gov

- 1.** We have two list serve sites. Please use the appropriate one for your post. All FCCLA related posts should be directed to the FCCLA list serve.
- 2.** After signing up for both list serves, put these addresses in your contacts for easy access when needed.
- 3.** When submitting a post on the list serve, start by putting your topic in the subject line of your e-mail. This helps for easy viewing and sorting of our list serve mail. (This way, someone who doesn't teach a clothing class can easily delete a message on clothing that doesn't apply to them).
- 4.** When replying to a post, please reply to only that person, not the whole list serve. You may have to do this by clicking on their e-mail address, not by hitting reply. (This goes to the whole group!)
- 5.** Professionalism is a must! Remember that people outside our network of teachers are also on the list serve. Keep your messages as professional as possible. Before posting, keep in mind if you would want your boss to see this.



District Meetings:

FACS Summer Get Together

Eight FACS teacher met in Lincoln to find out more about resources available to Lincoln and neighboring areas. The first stop brought us to the [Lincoln Crisis Pregnancy Center](#). An explanation of their services and possible classroom programs were first shared and ended with a tour of their facilities. Hope and respect were emphasized throughout the presentation. Next up . . . Lunch. Yes, of course food is a must to regenerate both mind and body. So we enjoyed a meal at Cheddars and continued our conversation topics of family, summer, and classroom ideas. Next stop – [Touchstone](#), a short-term residential treatment for those who are struggling with substance use issues. A tour of the facilities, information about their treatments, and classroom presentations were discussed. We also learned about some new drugs that students may be involved with.



Thanks to Judeen Price for organizing the gathering and for all that attended! Sharing the invite on “List-Serve” made it possible for others outside District 2 to attend.



FACS/FCSTN Teachers are Invited to Attend the Nebraska State Fair!

Grand Island Area FCS / FCSTN teachers will be informally gathering at the Nebraska State Fair on Tuesday August 26th. **ANYONE IS WELCOME!**

It will be \$2.00 Tuesday - \$2.00 gate admission.

An eating / gathering space has been reserved from 5:00 - 7:00 at the Event Tent. It is located in front of the Swine Barn, on the South end of the fair ground. Directly in front of Gate 2. You are welcome to pick up "fair food" and gather in the shade of the tent before doing the "fair things".

If you haven't been to the state fair in Grand Island, you will be impressed. Weeknights at the fair are awesome. Mark your calendars and make plans for a road trip to GI.

FCCLA:

Jan Brandt Celebrates her Retirement:



Congratulations Jan on your retirement. Nebraska FCCLA will miss you and appreciates the hard work you have done for FCCLA in your years as our FCCLA advisor! Here's to a Happy Retirement!

Dixie Hanefeldt Completes 28 Years at Creighton!

By: Janice Nelson, Creighton Community Schools

Dixie Hanefeldt, outgoing FACS & FCCLA instructor, has just completed 28 years at Creighton Community Schools, Creighton, Nebraska. One can only guess how many hundreds of students she has mentored, or the miles she has driven to sponsor FCCLA trips across the nation.

On her school's website she shared, "I knew I wanted to become a teacher from my first grade year on. I used to practice on my sister, Debbie, over summer break. I started making this dream come true by completing my bachelor's degree at Wayne State College in Family Consumer Science and continued with a master's degree from the University of Nebraska Lincoln. I also have a middle school endorsement." In fact, she was a paraprofessional for 3 years at the school before completing her first college degree and returning as a teacher.

She further stated, "My goal as an educator is to help ALL students that I have the opportunity to work with find their passion in life...I have been teaching for 28 years and continue to be a lifelong learner. This past summer I helped write the final drafts of six of the course outlines and objectives for the state approved FCS courses. I have also helped develop the Health Science Academy course, Introduction to Health Careers. This academy helps our students investigate the many opportunities within the health care field and allows them to shadow our local health care professionals, hopefully inspiring them to return to our great community after college." Recently some of the classes she taught were for articulated credit through Northeast Nebraska Community College.

Mrs. Hanefeldt and students have hosted several community outreaches over the years including a Red Cross Bloodmobile at school, and the popular Creighton Home Show, which features a community pancake feed, door prizes, and vendor booths to visit. She and Bev Schwindt developed a program where students paired with Creighton's nursing home residents to build camaraderie and understanding while playing card games together. Many students view the FACS room as their home away from home, due to Mrs. Hanefeldt's very personable manner.

The 2014-15 school year seemed to be a capstone for Mrs. Hanefeldt's lengthy career. The FCCLA group grew to 45 members. She challenged her students to commitment and excellence in their preparation for local, district, state, regional, and national meetings and competitions. One member was elected State secretary this year. Dixie led 10 students to National Leadership Conference in San Antonio, with 1 bronze and 3 gold medals earned, a 5 member team gaining a 2nd place seat in the FACS National Knowledge Bowl competition, along with one member being elected National first vice-president.

This year Mrs. Hanefeldt also organized a HOSA chapter, free gratis, to help her health career's student, Shane Asher, investigate his career field options. She traveled with him to the National HOSA Leadership Conference, in Orlando, Florida, where Shane received 9th in the National Clinical Nursing competition.

Mrs. Hanefeldt leaves Creighton Schools to accept the guidance counselor position at Verdigré Public Schools, where she will continue to help students, "find their passion".



High Expectation = High Results

By: Allison Kreifels, Nebraska FCCLA State Adviser

FACS Career Field Specialist



“High expectations=high results,” has long been my personal motto in my role as a teacher and adviser. As a teacher, I have learned that when students are held to a higher standard, they can rise to achieve it. The journey and the success are better when a true effort is put forward. As an adviser, I often remind my members of this as they worked to plan and implement our local program of work.

Today, I present this motto to you for two reasons. The first is that Nebraska FCCLA is truly striving to be an example of this motto. Your State Officer Team has been working diligently since State Officer Leadership Academy on the planning of state meetings, programs, publications, and development. I have been encouraged and amazed at their work ethic and enthusiasm for this organization. In addition to the successes of our State Officer Team, Nebraska FCCLA experienced this motto in the outstanding success recently at the National Leadership Conference in San Antonio, Texas. As a state, our STAR Event participants brought home 4 bronze, 57 silver, and 82 gold, three of which scored a perfect 100! Also, our own Sarah Smith was elected as the 2014-2015 National 1st Vice President, Deb Albers was recognized with Master Adviser distinction, and Pam Mowinkel was recognized with the Spirit of Advising Award. To say we were well represented at NLC is an understatement. I see, first hand, how this motto is being lived day-in and day-out by our advisers and members.

The second reason that I share this motto with you is to indicate the direction of Nebraska FACS and FCCLA. I want to encourage our teachers and advisers, but also hold them to the higher standard at which I know we can all achieve. There will be times of trial and change; however, I know we will come out of it as a stronger state association in the end.

As I have transitioned from classroom teacher to my new position at the Nebraska Department of Education, I find that many things have changed but many more feel the same. While this has been a reassuring and also nerve-wracking discovery, I feel equipped to continue the traditions and blaze new trails for our profession and organization. I look forward to serving you, the teachers of Nebraska Family and Consumer Sciences and the members of Nebraska Family, Career, and Community Leaders of America.

Area Student Elected to a National Office

Nearly 8,000 members of the Family, Career and Community Leaders of America set out to “SOAR” in San Antonio, Texas earlier this month during the National Leadership Conference. During the conference members competed in various events, participated in service learning activities, attended dynamic youth leadership training sessions, and ran for positions on the National Executive Council. Sarah Smith, daughter of Dean and Jenny Smith of Brunswick and granddaughter of Iona Brandow-Test of Laurel, was recently elected to this council as the National FCCLA First Vice-President. All national officer candidates participated in a multi-step election process. The process evaluated their public speaking, networking, teamwork skills, as well as their FCCLA knowledge.



In the first step of the process, the thirty-three candidates participated in an exam that tested their overall knowledge of the organization. Following the exam, they were interviewed by a panel of twelve selected members and past national officers who reviewed their applications.

Candidates were also required to present an FCCLA-related speech that addressed the following topic: "Today's society often tolerates mediocrity instead of challenging people to achieve their greatest potential. How does FCCLA empower youth to soar and reach beyond mediocrity to success?" Candidates gave their speeches during the interview process and again to the several thousand delegates. Then a thought question was asked to each National Officer Candidate. Along with the speech presentation, the candidates participated in an evaluated team-building/decision-making scenario. Additionally, they networked with voting delegates from each state.

Following the three-day process, Smith was notified that she would be serving on the National Executive Council for the 2014-2015 school year. Along with nine other members of the National Executive Council, Smith will travel to FCCLA national headquarters in Reston, Virginia, during the year to attend training and program planning sessions. Officers will help set policies and develop a strategic plan which will outline the goals of the organization for the next five to seven years. Smith will also serve as a committee member of the FCCLA National Board of Directors. During the year national officers represent the organization by leading workshops and giving speeches locally and throughout the country.

As the First Vice-President, Smith will be responsible for creating reports throughout the year detailing each national officer's activities related to FCCLA promotion. Her duties also include keeping minutes of all national meetings and meetings of the National Executive Council. Sarah Smith will be a senior at Creighton Community High School this year. Jan Nelson is her local adviser. Mrs. Cindy Hild of Neligh will serve as her National Executive Council Adviser. National Executive Council Advisers set goals, serve in volunteer roles, and report about their year. As the NEC adviser to the First Vice-President, Mrs. Hild will work with national staff to support FCCLA's Alumni & Associates.

After being elected Smith commented, "I am extremely excited about the upcoming year. I'm ready to give back to the organization that has given so much to me. I am also thrilled that my twin sister, Hannah, and I will get to work together this year as she serves as the Nebraska FCCLA State Secretary."

FCCLA: The Ultimate Leadership Experience is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences Education. FCCLA has over 202,000 members and over 5,500 chapters from every state. The organization has involved more than ten million youth since FCCLA is unique among youth organizations because its programs are planned and run by members. It is the only career and technical in-school student organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

Creighton Students "SOAR" to Success

by Sarah Smith, FCCLA National First Vice-President

"SOAR" was the theme of the 2014 FCCLA National Leadership Conference in which over 7,500 members from across the country attended. Members of the Creighton FCCLA chapter proved that they could soar to extreme heights July 6-10 in San Antonio TX.

Early in the week the Family and Consumer Sciences Knowledge Bowl team secured a second place finish after losing a close battle to repeat champions from New Jersey. "I'm hoping to come back next year and win," said Hannah Smith, team captain. Other members of the FACS Knowledge Bowl team were Tiffany Patrick, Khristina Stevens, Dominique Cook and Katie Nelson.

As the week continued, members stayed on the road to success as they competed in their respective Students Taking Action with Recognition events. Receiving gold medals were Garrison Hazen in nutrition and wellness, Makayla Rohrer in focus on children, and Tiffany Patrick in job interview. Kaitlin Sukup and Destiny Jacobsen received a bronze medal in food innovations.

Hazen's project required him to create and follow a detailed nutrition and exercise plan according to his lifestyle needs. Rohrer was able to use FCCLA resources to spread the word about Down's Syndrome. Patrick had to create a portfolio showcasing her employability skills and then participate in a mock interview. Sukup and Jacobsen created a healthy snack by following specific nutrition guidelines.

Throughout the week Hannah Smith, the Nebraska FCCLA state secretary, conducted meetings and attended training specific to her leadership position. Hannah also served as one of three voting delegates for Nebraska. Voting delegates serve as an integral role in the election of national officers and deciding on bylaw amendments.

The busy week ended with the installation of the 2014-2015 National Executive Council. Sarah Smith was elected to serve as this year's National FCCLA first vice-president. As the first vice-president, she will be responsible for creating reports throughout the year, detailing the national executive council's activities. Sarah will also have the opportunity to work as a committee member of the national board of directors to create a new strategic plan, which will outline FCCLA's goals for the next five to seven years. Additionally, she will represent the organization at various events throughout the nation.

FCCLA: The Ultimate Leadership Experience is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through family and consumer sciences education. FCCLA has more than 202,000 members and more than 5,500 chapters from every state. The organization has involved more than 10 million youth since its founding in 1945. FCCLA is unique among youth organizations because its programs are planned and run by members. It is the only career and technical in-school student organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers and communities.



FACS Teachers Attend Food and Nutrition Summer Institute **By: Connie Weiss, Mead Public School**

Seventeen teachers from Nebraska and Kansas took part in a week-long Food and Nutrition Science Summer Institute. This training was to enable the teachers to pilot-teach the following strand of classes: Course 1: Food Production, Nutrition and Health. Course 2: Food Science and Course 3: Nutrition Science. These courses will be taught in a Project Based Learning environment.

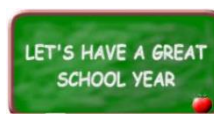


Project Based Learning (PBL) addresses technical content knowledge, embeds academics, and develops skills essential for 21st Century careers. These are rigorous courses that cause the students to do the researching and solve problems instead of the teacher giving the information. Students practice problem-solving, communication, and self-management to answer the complex question posed to them at the beginning of each project. The team work and self-management aspect encourage students to develop habits associated with lifelong learning, civic responsibility, and career success. Further, PBL integrates career areas and real-world issues.

Out of the seventeen teachers, only two were Family and Consumer Science teachers, the rest were agricultural instructors. I was the only one from Nebraska. I would encourage any FACS teacher to take this training next summer. I will be implementing Course 1 in the spring and Course 2 & possibly 3 the following year! Feel free to contact me for further information.

Ideas are Endless!

By: Suzanne Neeffe



Need ideas for the 1st of the year? Need ideas for projects to do in your classroom? Need ideas for how to incorporate technology in the classroom? Try Pinterest!

If you haven't jumped on the Pinterest bandwagon yet, this is an amazing resource to gather wonderful ideas from teachers all over the world. Many teachers are "pinning" every day and give ideas of what works for them.

To start, create an account, start browsing, and start following teachers who give ideas that you like. Many of your fellow FACS teachers have Pinterest accounts. You can search for them and follow the ideas they have found interesting and useful!! Pin anything you want to use in the future, from recipes, organization, patterns, lesson plans and more!

Some of my favorite pinners are:
facsclassroomideas.com
familyandconsumersciences.com





I FACILITATE THINKING

I engage minds

I LISTEN TO QUESTIONS

I encourage risk

I support struggle

I cultivate dreams

I LEARN EVERY DAY

I TEACH

